

GRIMES PARKS AND REC
FLAG FOOTBALL PLAYBOOK

**RUN
PLAYS**



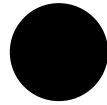
WR-6



E- 1



C-2



E- 3



WR- 7

DIVE- 4 hands-off to 5 running up the middle between 2 & 3

TOSS- 4 tosses/pitches the ball to 5, follow 6 or 7 to the sidelines



QB- 4



RB- 5

REVERSE- 4 hands-off to 5, 5 hands-off to 6 who follows 4 blocking out wide to the opposite side

END AROUND- 4 fakes dive with 5, then gives ball to 6 who could be in motion on "set"

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6



1



2



3



7

SHOTGUN DIVE- 4 hands-off to 5 running up the middle between 2 & 3

SHOTGUN OPTION- 4 tosses ball to 5, follow 6 to the outside cones, 4 can't run

SHOTGUN DRAW- 4 steps back, brings ball up by ear, and hands off ball to 5 for dive



4



5

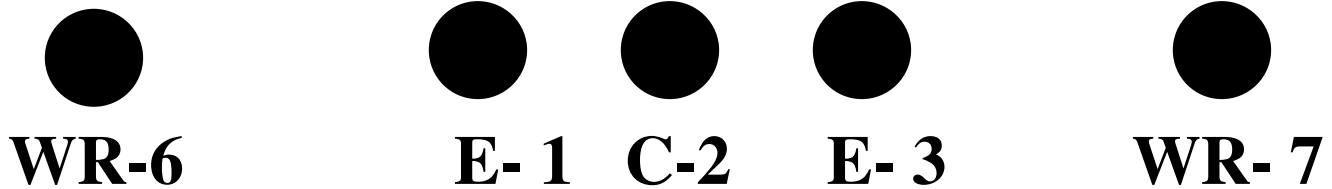
OPTION- 6 in motion, 4 hands off the ball to 5, 6 follows 5 to receive the toss if needed

END AROUND- 4 fakes dive with 5, then gives ball to 6 who could be in motion on "set"

"WILDCAT"- 4 goes in motion towards the opposite side of 6, 5 receives snapped ball in shotgun, can run or pass


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**PASS
PLAYS**



FAKE DIVE PASS- 4 fakes dive to 5, passes to end running an out, 6 runs fly, 2 runs curl

RB TOSS PASS- 4 tosses ball to 5, 6 fakes a block and runs fly, end runs an out, center curl


QB- 4

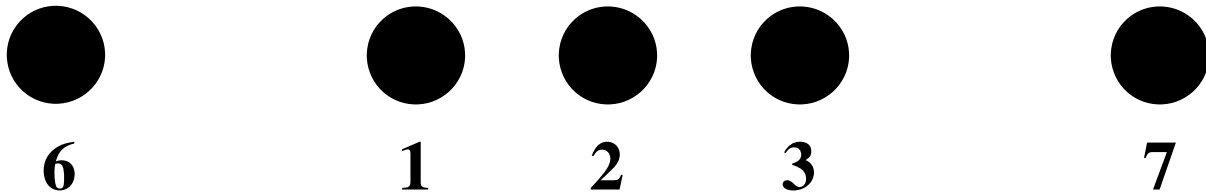

RB- 5

REVERSE PASS- 4 hands-off to 5, 5 hands-off to 6 who passes to end running a flag, center runs an out, 4 blocks

END AROUND PASS- 4 fakes dive with 5, then gives ball to 6 who is in motion, passes to end running a flag, center out

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**PASS
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WR SCREEN- On snap, 4 passes ball quickly to 6

SWING PASS TO RB- 4 drops back and passes to 5 who follows 6

CENTER SCREEN- everyone goes out for a pass to one side, 2 goes out for a pass the other way for a short pass


4

5

FLY PASS- 1, 2, 3, 6, 5, all run straight down the field

HOOK AND LADDER- 4 passes to 6 who runs a curl, 6 tosses ball back to 3 who runs wide to the sideline catching the toss from 6.

OUT AND UP- 6 lines up tight, 4 passes to 6 who runs an out, and then a fly downfield